

50 and Wiser

August-November Activities and Programs

50 and Wiser provides recreation and social opportunities for those baby boomer age and beyond!

For more information contact: Lynn Hoy – lynnt@harrisonburgva.gov

You will notice that some of our programs are now moving up to the Price Rotary Senior Center. This great facility now has some spare time available to us to program. We are going to use the space for some fun new programs and we want to make it a great place to come and enjoy meeting other active 50+ citizens. It is located in Westover Park behind the CFG/CAC at 305 South Dogwood Drive. Please let us know what activities you would enjoy and would like to see offered!

BROWN BAG LUNCH

Pack your lunch and come to the Price Rotary LOUNGE at the Senior Center. We will eat our lunches and have a topic of discussion afterwards. The topics will be fun and informative ideas like making jewelry, couponing, making different oils and vinegars and guest speakers. I will provide the drinks; you just need to pack your lunch. Our August speakers will be a group of ladies from the Shenandoah Valley Watercolor Society. This is a free program; however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu Aug 20, Sep 17, Oct 15, Nov 12 11:30-1:30pm

AARP DRIVER SAFETY PROGRAM

Instructor: Linda Surbaugh - Location: CFG/CAC

Participants learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age related changes. For individuals 55+ in Virginia, it is a state law that all insurance companies must offer a discount for anyone who completes the course. Classroom only instruction, no driving or other "in-car" time involved. Bring your driver's license and make checks payable to AARP on the first day of class. Must attend both classes. \$15 AARP members, \$20 non-members / Ages 50+

340555A1 *Tue/Wed Oct 13,14 1-5pm*

LUNCH BUNCH

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at a different restaurant each month. Check your calendar and join us! Please register by the Monday that week, so we can let the restaurants know we are coming. We will try to eat outside, weather permitting. All lunches are from 11:30am-12:45pm. Fee: Order off menu.

340540A1	<i>Thu</i>	<i>Aug 27</i>	<i>BBQ Ranch -3311 N. Valley Pike</i>
340540A2	<i>Thu</i>	<i>Sep 24</i>	<i>Union Station -128 W. Market</i>
340540A3	<i>Thu</i>	<i>Oct 29</i>	<i>Oriental Cafe-563 University Blvd</i>

50+ SOCIAL CLUB

We know that there are a lot of 50 years and older people looking for something to do in the evenings. Like me, a lot of us are still working until 5pm but would like something fun to do when we get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact me (lynnt@harrisonburgva.gov or (540)433-9168) and get put on a list and keep you notified of what fun stuff we have planned. The August outing will be happy hour/ dinner outside (weather permitting) at Clementine's, 153 S. Main St. Harrisonburg, at 5:30pm.

BEGINNING CROCHET

Instructor: Meki Shifflett - Location: Price Rotary

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a beautiful scarf. A supply list will be handed out at the first class (approximate cost: \$8.00).

City Res \$30 / Non-Res \$36 / Ages 50+

340571A1	<i>Tue</i>	<i>Sep 8-Sep 29</i>	<i>1-3pm</i>
340571A2	<i>Tue</i>	<i>Oct 6-Oct 27</i>	<i>1-3pm</i>
340571A3	<i>Tue</i>	<i>Nov 3-Nov 24</i>	<i>1-3pm</i>

BENNY'S BLANKETS

Location: Price Rotary

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do a lot more than just crochet! If anyone has any yarn to donate to the program, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the Administrative Office.

Free *Tue/Thu* *Aug 4-Ongoing 9-11am*

BOOK CLUB

Location: Price Rotary

This "new" book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. No one in this book club should feel obligated to read EVERY book, EVERY month. You do not have to read any or all the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight and make new friends. We will meet the first Monday of each month. FREE, registration appreciated.

340556A1 *Mon* *Aug 3/Aug 31/Oct 5/Nov 2* *3pm*

BISCUITS & BINGO

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. FREE

Ages 50+ *Wed* *Aug 26-Nov 25* *9-10am*

WEDNESDAY AFTERNOON GAMES

Location: Price Rotary

Come join the fun. We already have a table of pinochle playing and we are looking to add poker, dominoes, corn hole bean bag toss and canasta. If you are interested in joining the group at our new GREAT LOCATION, come join us. We have a great space and can have a great afternoon of FUN.

Free *Wed* *Aug 5-Ongoing* *1-3pm*

SILVER SNEAKERS

Let's get moving, join fellow 50 years + walkers at Purcell Park. We will meet at Kids Castle and walk for about an hour or until you get tired. The program will be weather permitting and it is a drop in program so join the fun and meet new friends. FREE and all levels and ages are welcome!

Mon/Wed/Fri *Aug 3-ongoing* *9-10am*

50+ LET'S PLAY GOLF

Instructor: David Johns, PGA Professional

Location: Heritage Oaks Golf Course

It's never too late to learn the great game of GOLF. This class includes an introduction and lessons to learn how to play and enjoy this great senior pastime. We will spend time at the range and on the course at Heritage Oaks.

City Res \$25 / Non-Res \$30 / Ages 50+

340530A1 *Tue* *Sep 22-Oct 13* *1-2:30pm*

50+ DISC GOLF

Instructor: Ed Steele - Location: Westover Park

Come learn and play Disc Golf. It is great exercise and lots of fun. We will meet at the end of the staff parking lot each Friday, weather permitting. Registration appreciated by calling 433-9168.

340531A1 *Fri* *Aug 7-ongoing* *9am*

PICKLEBALL

Coordinator: Ed Steele, Lynn Turner - Location: CFG/CAC

Meet your friends or call and come once a week for a rousing Pickleball game or three. You can play starting in October in our gym. We furnish all equipment.

Free *Thu* *Sep 3-ongoing* *12-3pm*

OUTSIDE PICKLEBALL

Coordinator: Ed Steele, Lynn Turner - Location: Morrison Park

Meet your friends at Morrison Park tennis courts for reserved court time. You can come by the CFG/CAC and check out equipment. For questions, call 433-2474.

Free *Thu* *Aug 6-Sep 24* *6-8pm*

THURSDAY AFTERNOON BOWLING

Location: Valley Lanes

Enjoy bowling in a relaxed atmosphere where fun is the name of the game. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks, with a party on the 17th week where prizes are awarded for a number of categories. \$8 per person includes 3 games, shoes and ball. No registration necessary. Next sign up for teams Sep 3rd. Ages 50+

\$8 *Thu* *1-3pm*

CARDIO & STRENGTH

Instructor: Frank Campbell/Warren Stimpson - Location: CFG/CAC

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. City Res \$36 / Non-Res \$43 / Ages 50+

340500A1 *Tue/Thu* *Aug 18-Sep 24* *5:30-6:15pm*

340500A2 *Tue/Thu* *Sep 29-Nov 5* *5:30-6:15pm*

340500A3 *Tue/Thu* *Nov 10-Dec 22* *5:30-6:15pm*

EARLY BIRD CARDIO & STRENGTH

Instructor: Frank Campbell - Location: CFG/CAC

Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. City Res \$36 / Non-Res \$43 / Ages 50+

340501A1	<i>Tue/Thu</i>	<i>Aug 18-Sep 24</i>	<i>6:15-7am</i>
340501A2	<i>Tue/Thu</i>	<i>Sep 29-Nov 5</i>	<i>6:15-7am</i>
340501A3	<i>Tue/Thu</i>	<i>Nov 10-Dec 22</i>	<i>6:15-7am</i>

ZUMBA GOLD

Instructor: Melissa Shank - Location: CFG/CAC

This Zumba Gold class is especially designed for active older adults, especially those who want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and internationally inspired dance fitness workout. Join the party! **Please note - Tuesday class is 45 minutes starting at**

6:20pm. City Res \$42 / Non-Res \$50 / Ages 50+

340502A1	<i>Tue/Thu</i>	<i>Aug 18-Sep 22</i>	<i>6:20-7:05pm</i> <i>6:30-7:30pm</i>
340502A2	<i>Tue/Thu</i>	<i>Sep 29-Nov 5</i>	<i>6:20-7:05pm</i> <i>6:30-7:30pm</i>
340502A3	<i>Tue/Thu</i>	<i>Nov 10-Dec 22</i>	<i>6:20-7:05pm</i> <i>6:30-7:30pm</i>

50 & WISER YOGA LEVEL 1

Instructor: Patricia Kearney - Location: CFG/CAC

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$31 / Non-Res \$37 / Ages 50+

340525A1	<i>Mon</i>	<i>Aug 17-Sep 28</i>	<i>5:30-6:30pm</i>
340525A2	<i>Wed</i>	<i>Aug 19-Sep 23</i>	<i>5:30-6:30pm</i>
340525A3	<i>Mon</i>	<i>Oct 5-Nov 9</i>	<i>5:30-6:30pm</i>
340525A4	<i>Wed</i>	<i>Oct 7-Nov 11</i>	<i>5:30-6:30pm</i>
340525A5	<i>Mon</i>	<i>Nov 16-Dec 21</i>	<i>5:30-6:30pm</i>
340525A6	<i>Wed</i>	<i>Nov 18-Dec 23</i>	<i>5:30-6:30pm</i>

EXTRA GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC

Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs or sitting on the floor, and standing poses are done with additional support for balance.

Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy.

City Res \$31 / Non-Res \$37 / Ages 50+

340526A1	<i>Thu</i>	<i>Aug 20-Sep 24</i>	<i>6-7pm</i>
340526A2	<i>Thu</i>	<i>Oct 1-Nov 5</i>	<i>6-7pm</i>
City Res \$26 / Non-Res \$32 / Ages 50+			
340526A3	<i>Thu</i>	<i>Nov 12-Dec 17</i>	<i>6-7pm</i>